

Preregistration is required for all Presentations/Seminars. All presentations are FREE and take place at the Joslyn Center.

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POWERFUL TOOLS FOR CAREGIVERS

Presented by the Los Angeles Caregiver Resource Center

Powerful Tools for Caregivers is a workshop designed to help caregivers care for themselves while they care for others.

DATE & TIME:□ Monday, January 23, 10-11 am

A FINANCIAL EDUCATION SEMINAR ON ESTATE PLANNING

Presented by the Society for Financial Awareness

Learn the ins and outs of Estate Planning with the following topics:

- Purpose of estate planning

- Distributing of estate, wills and trusts
- Avoiding probate
- The impact of taxes on investments and qualified plan distribution

DATE & TIME: Wednesday, February 15, 10-11 am

MEDICARE 101

Presented by Inter Valley Health Plan

Have you always wanted to know how Medicare works and what benefits you are entitled to? This class is for anyone soon-to-be or recently eligible for Medicare. Learn the ABCs and Ds of Medicare.

DATE & TIME: Monday, February 27, 10-11 am

KNOW THE 10 SIGNS: EARLY DETECTION

Presented by the Alzheimer's Association

Learn the 10 Warning Signs of Alzheimer's disease, the benefits of early detection and early diagnosis.

DATE & TIME: Monday, March 12, 10-11 am

"SELF-DEFENSE PRESENTATION AND DEMONSTRATION"

Presented by Project Sister

Seniors learn safety measures that decrease their susceptibility to sexual assault, robbery, burglary and financial exploitation. The presentation will teach seniors awareness of their surroundings, assertive techniques and physical techniques in a nonhostile environment.

DATE & TIME: Monday, April 16, 10-11:30 am

MEMORY LOSS & AGING

Presented by the Alzheimer's Association

Learn how memory works, the changes in memory as we age, and tips on how to maintain and improve memory.

DATE & TIME: Monday, May 21, 10-11 am